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Your essential daily news | TUESDAY, APRIL 26, 2016

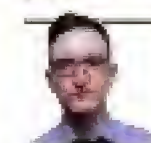
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‘I have walked through hell myself and made it through to the other side’

Artist Andre Hamilton, in a letter to Attawapiskat
metroNEWS

Youth trying opioids first

Many users are skipping over gateway drugs



Kevin Maimann
Metro | Edmonton

An Edmonton addictions specialist says an increasing number of teens are skipping booze and pot and jumping straight to hard drugs such as fentanyl.

“We’ve never been this busy,” said Metro City Medical Clinic’s medical director, Dr. Hakique Virani. “One of the differences we’re seeing today (versus) four to six years ago is the number of young people who come in looking for treatment because they’re addicted to opioids — including fentanyl — never having used marijuana, never having drank alcohol.”

Virani said his methadone clinic has patients who are “fresh out of high school” and have been using for upward of four years.

He attributes the spike to avail-

ability and affordability. Fentanyl is brought cheaply from China and sold as OxyContin, heroin, Xanax and potentially as lace in cocaine and methamphetamine.

In Edmonton, pills containing fentanyl can go for \$20-25 apiece.

“You call your weed guy, he’s got other things. And amongst those other things are opiates. And not only are they widely available, but they’re also remarkably cheap,” Virani said.

“The quantities that are required to keep a dependent population dependent are much smaller when you’re dealing with fentanyl or W-18 than when you’re dealing with heroin or morphine or prescription opioids.”

Fentanyl has been blamed for hundreds of deaths in Alberta in the past two years, Virani said he is “very concerned” that W-18 — even more toxic — will become more prevalent.

The province has said it will announce a multi-year strategy to combat the crisis, but Virani said officials need to work faster and focus more on preventative measures. “I’m losing my patience with how long it’s taking ... when all the evidence is there.”

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Pool regional revenue: Mayor

COLLABORATION
Believes time for others to share in cost of infrastructure

Ryan Tumilty
 Metro | Edmonton

In his state of the city speech Monday, Edmonton Mayor Don Iveson issued his clearest signal yet that the city has to share in the industrial tax revenue generated in the region. Speaking to a full house at the Shaw Conference Centre, Iveson said Edmonton was bearing too many of the region's costs without receiving revenue from major developments.

"We cannot continue shouldering so much of the costs for infrastructure and services that benefit the entire region if we are not willing to share the industrial tax base," he said.

Iveson pointed to the work on 41 Avenue on Edmonton's southern border with Leduc County, which includes the new interchange. Edmonton made a significant contribution to that project, but Leduc County did not.

"Something like 41 Avenue south is an obvious example — it's going to open up a ton of development opportunity for Leduc County," he said.

Iveson said he believes there is support to look at the issue from mayors in the counties and towns surrounding Edmonton, but added it has to go beyond just talk.

"They need to become formal and I challenge this group of thoughtful and collaborative mayors to deliver something robust before the election," he said.

He said he is open to ideas, from cost pooling on major projects to regional sharing of revenues.

He said in some jurisdictions, communities have to contribute a share of the tax revenue from new projects, while protecting most of their existing tax base.

"It doesn't undermine the existing financial base of each community, but over time you start to get a blending together and build a regional pot of resources," he said.

Nine regional mayors came together last summer to put together a new group and a panel meant to look at ways to make the region more competitive.

Iveson said that panel's report, due in June, might provided the starting point for a discussion.



Edmonton Mayor Don Iveson speaks to a full room at the Shaw Conference Centre Monday.
 RYAN TUMILTY/METRO

+ HERE & THERE: AN INDEX OF COSTS

| | |
|---|---|
| Cost of 41 Avenue interchange: \$205 million | Value of average Edmonton house in 2016: \$401,000 |
| Who paid what? | Property cost to a taxpayer? |
| ■ Edmonton: \$75 million | ■ In Edmonton: \$3,214 |
| ■ Province: \$57.5 million | ■ In Strathcona County: \$2,767 |
| ■ Feds: \$72.5 million | |
| ■ Leduc county: \$0 | |
| *Source online calculators for both communities | |

INNOVATION

Iveson pushes plan for city to become health incubator

Holding up a revolutionary medical clamp that was invented in Edmonton but is now manufactured elsewhere, Mayor Don Iveson announced a plan to ensure startup health companies stay tied to the city Monday.

Iveson announced a plan to market Edmonton as Canada's Health City, to spark innovation and to help companies grow from small scale to big firms.

"This initiative will begin to tackle the barriers that prevent our health industry from scaling up by growing an ecosystem that attracts, retains and supports talent from across Canada," he said.

The iTC Clamp Iveson held up at the start of his speech was designed by an Edmonton doctor after multiple tours in Afghanistan with the Canadian Forces.

It closes wounds in trauma situations more quickly than stitches.

It was developed here, but the bulk of the company is now in San Antonio, Texas.

Bob Westbury with Telus, and NorQuest College President Jodi Abbott, will co-chair a panel to set a direction. Iveson did not have specific idea for what the initiative will focus on, but said he wants to make it easier companies to access capital and grow.

"The idea is to leverage the fact we have extremely smart people here, practising medicine, doing research, building companies," he said.

He said in addition to having solid research institutions and good startup companies, Alberta Health Services — a major buyer of health services — is here.

Iveson said they have had some basic talks with AHS, but also now the provincial government wants to see diversification.

"The province at the political level has been looking at economic and growth strategies and cost containment strategies in health care and we think we can help with both of those," he said.

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BYLAWS

Councillors aim to ramp up noise enforcement



Ryan Tumilty
Metro | Edmonton

They left the city's noise bylaws alone, but council extracted a promise from city administration Monday to put a greater focus on buskers, street preachers and other street noise.

Coun. Michael Oshry first raised the issue last year concerned about excessive noise from preachers using amplifi-

cation around City Centre mall. Administration looked at bylaws from other jurisdictions that prohibit amplified noise, but recommended against changes.

They said they worried the city could find itself in a constitutional challenge.

Dale Kornel, a preacher who often works downtown, said his group moves locations and uses amplification only when necessary. He said he felt targeted because of his message not because of volume.

"This proposed bylaw is not about excessive noise," he said. Kornel told council they shouldn't be targeting people who are simply preaching.

"You do not want to be fighting against God on this issue," he said.

Other residents complained to council about excessive noise from buskers or preachers and asked for more aggressive bylaws.

Oshry asked administration to take a more aggressive stance and monitor areas where there

has been a consistent problem. He said getting that commitment from administration is an important step forward.

"At least now our bylaw people are going to look at enforcing it a bit stricter," he said.

While council is holding off on bylaw changes for now, he added they can still revisit it in future.

"If they do follow through with that and we can make sure our enforcement is there from time to time then there is probably not a necessity to do it."



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Mon, Wed, Thur 6:15 - 9:15 pm
Fee: \$750

First CI Journeyman B Pressure (WELD227)

May 2 - June 27

Mon, Tues, Wed, Thur 6:15 - 9:45 pm
Fee: \$2500

Intro Basic Machining Industrial Skills (MACH150)

May 2 - June 6

Mon & Wed 6:15 - 9:15 pm
Fee: \$460

Finishing Your Basement 2 - Electrical (HOME120)

May 6 - May 8

Fri 6:15 - 9:15 pm,
Sat & Sun 8:15 am - 4:15 pm
Fee: \$400

Electrical Code Update (ELTR705)

May 14

Saturday 9:15 am - 4:15 pm
Fees: \$195

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Alberta Child and Youth Advocate Del Graff, centre, and Amiskwaciy Elder Francis Whiskeyjack, right, leave after releasing an investigative review on the suicide deaths of seven aboriginal teens. THE CANADIAN PRESS

It's time for action, says Del Graff

INDIGENOUS ISSUES

Child advocate urges suicide prevention plan for youth

Alberta's child advocate is calling on the province to fund a suicide-prevention strategy to tackle what he calls a "terrible trend of aboriginal youth suicide."

Del Graff, who released a 99-page report Monday, said the plan must be led by communities and recognize indigenous values and cultural practices.

Graff further suggested in a detailed list of 12 recommenda-

tions the development of school-based programs and better suicide-intervention training for teachers, social workers and medical staff.

It's time for change and action, he said.

"Albertans care about kids," he told reporters. "While suicide is complex and is compounded for aboriginal young people because of their history and the legacies that continue to impact their lives, it is also preventable."

"The problem is not a lack of knowledge ... What is required is a willingness to make this issue a priority."

Graff's report looks at the lives of seven indigenous teens involved with social services. They were from different Alberta communities, both off and on reserves, and killed themselves between June 2013 and Decem-

ber 2014.

Two of them were brothers, 15 and 18, who died four months apart.

The teens all experienced early childhood trauma from exposure to domestic violence, parental addictions or parental mental-health issues, the report said. Some had relatives commit suicide, and some were moved several times.

All the youth were affected in some way by residential schools, said the report, which added the schools and so-called '60s Scoop left many ill-equipped to parent themselves and led to their passing on abuse, violence and dysfunction to new generations.

The report further lists poverty, poor housing, limited health services and unemployment as risk factors for suicide.

It said high-profile or multiple suicides in a community tend to spawn more.

"In some communities, it is not uncommon for a youth suicide to be followed by another within a short time," said the report. "When a community suffers from repeated losses, a sense of hopelessness can grow."

Elder Francis Whiskeyjack, who helped with the report, said the suicide risk among indigenous youth is like a cancer that will take many years of treatment. Alberta Human Services Minister Irfan Sabir said in a news release that the province will review the report and consult with the federal government to implement recommendations.

THE CANADIAN PRESS

What is required is a willingness to make this issue a priority.

Child advocate Del Graff

To Attawapiskat, with love

ADVOCACY

Hip-hop group pens verses for troubled youth



Alex Boyd
Metro | Edmonton

A group of young Edmonton hip-hop artists wants youth in Attawapiskat to know they're thinking about them.

The group, called Cipher5, meets every Tuesday to talk and write verses with each other. But recently they turned their talent with words to messages for youth in the northern Ontario community, which has declared a state of emergency after more than 100 youth have attempted suicide.

"When I read the story my heart broke," said group organizer Andre Hamilton.

He said Cipher5 has a lot of members from marginalized backgrounds that use the writing and the music they create in the group to deal with their pasts — which made them



Andre Hamilton is the organizer of Cipher5. TIM QUERENGESSER/METRO

eager to reach out to the young people in Attawapiskat.

"I knew that it was an opportunity for us at Cipher5 to use our exceptional skill at

wordsmithing to heal. To be brothers and sisters to our brothers and sisters who are struggling," he said.

When hip-hop artist Angel

Morningstar was living what she calls a "harder" lifestyle that included struggles with suicidal thoughts, she relied on people reaching out.

"I knew it was an opportunity for us at Cipher5 to use our exceptional skill at wordsmithing to heal."

Andre Hamilton

"I've been in that low place where you want to end your life," she said.

"I can understand how hard that can be and just to hear that someone can understand you makes all the difference."

All of her letters are signed with her phone number.

"I want them to know, call me, text me, anything you need, I'm here."

After news of Attawapiskat's crisis made headlines, a Facebook post inviting people to write to the youth of the northern community was shared more than 20,000 times.

Steven Wellington, who focuses more on rap, also jumped at the chance to participate.

"When people hear the word 'rap' they hear drug, gang and violence," he said. "We have a voice and we need to use it for good."

In his letter, he tells of the time he was suicidal.

"I tried to hang myself, and if someone had just taken the time to say, 'I've been there and we can get past that,' that would have helped a lot."

WILDLIFE

Hands off the hares, please

An early spring sees more people outside enjoying nature, but the Wildlife Rehabilitation Society of Edmonton says when it comes to baby hares, look but don't touch.

It's the season for baby hares to be born — which is also the season for people to think they're injured, pick them up and cause a whole bunch of unnecessary stress, according to Kim Blomme, director of wildlife services.

"They're so dam cute, if they were ugly people wouldn't be bringing them home, so the cuteness factor is working against them," Blomme said.

A baby hare sitting quietly by itself is normal, she said. They're nocturnal and don't move much during the day, and because their most common predators are birds, they stay as still as possible when someone approaches.

She says when people pick up the little hares, they often end up dying from stress — even when they're brought to the centre. ALEX BOYD/METRO

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GREEN ENERGY

Solar starts a buzz at city hall



Ryan Tumilty
Metro | Edmonton

City hall's roof is another step closer to making electricity after councillors agreed Monday to investigate a plan offered by the Edmonton Youth Council to install solar panels atop it.

The youth council made the recommendation to councillors Monday, and they agreed to direct city administration to work on an in-depth technical analysis and detailed budget for a six-kilowatt solar array on the roof.

Sandra Durante, the manager of the city's office of energy management, said they would try to get everything in place before coming back to council for a final decision, including building permits.

"We try to get that out of the way first, because you don't want that to stall implementation," she said.

The proposal would also include a dashboard inside city hall where residents could see how the panels perform and get more information on the technology.

Kabir Nadkerni, a member of the youth council, said he was pleased the idea got council support.

He said even if city hall might not be an ideal solar placement, because of shading from nearby buildings, it will be a tremendous promotional opportunity for solar.

"The whole reason we picked city hall is that people engage with it more," he said.

Coun. Andrew Knack agreed the installation would showcase the city's commitment to green technologies.

"Having that on the top of city hall sends a pretty strong statement," he said.



Alberta Finance Minister Joe Ceci is taking the province's latest budget on a get-to-know you visit with investors and credit-rating agencies. AMBER BRACKEN/THE CANADIAN PRESS

"The budget released last week clearly demonstrated our commitment to getting costs under control."

Joe Ceci

Province's credit downgraded again

ECONOMY

Rating down to double-A from triple-A due to rising debt

Alberta's credit rating has taken another hit.

Moody's Investor Service announced Monday it has downgraded Alberta's long-term debt rating to double-A1 from triple-A and has given it a negative outlook.

It's the second downgrade from a rating service since the

province released its budget on April 14 that included removal of its debt ceiling and a forecast of \$58 billion in debt by 2019.

Moody's says the downgrade "reflects the province's growing and unconstrained debt burden, extended time frame back to balance, weakened liquidity, and risks surrounding the success of the province's medium-term fiscal plan given the outlook for subdued growth."

It also says the province forecasts oil prices to be higher than what Moody's is predicting.

Finance Minister Joe Ceci, who is on a trip to Toronto and New York to meet with business

leaders, says the downgrade is "disappointing."

"We have the strongest balance sheet in the country and net assets of nearly \$50 billion," Ceci said in a news release.

"The budget released last week clearly demonstrated our commitment to getting costs under control, especially in health care, by cutting spending growth to an average of two per cent over the next three years."

Moody's said Alberta's success in reducing the deficit is predicated on the success of the province's spending plan and whether the anticipated

forecasts for revenue improvement and oil price recovery will materialize.

"Given the lengthy period of deficits, potential for weaker economic activity and continued revenue dependence on volatile oil royalties, the negative outlook reflects Moody's view that the province's fiscal health could deteriorate further."

A day after Alberta's budget came out on April 14, DBRS downgraded the province's rating to double-A from triple-A due to debt levels.

The budget includes a \$10.4-billion deficit this year.

THE CANADIAN PRESS

INTEGRITY COMMISSIONER

Nenshi comments to be reviewed

Critical comments made by Calgary Mayor Naheed Nenshi about the ride-hailing service Uber will be reviewed by the city's integrity commissioner.

Nenshi was using a rival service in Boston recently when he panned Uber's background checks for drivers and used the word "dick" to describe company CEO Travis Kalanick.

"They are honestly the worst people in the world. I have never dealt with people like this before," Nenshi is heard saying on a video, which was livestreamed by the Boston driver without Nenshi's knowledge.

"It wasn't nice and it wasn't civil."

Naheed Nenshi

The mayor apologized to city council on Monday for his language.

"(That) was me being a bit of a jerk and I am sorry for that," he said. "I am better than that and we should all strive to be better than that."

"It's a bit embarrassing," Nenshi told reporters after the council meeting.

"I never swear and that's probably the rudest word I've ever said ... It wasn't nice and it wasn't civil."

Nenshi told council he didn't reveal any confidential information when he told the driver someone with a criminal record had made it through Uber's screening process.

Nenshi appeared to say in the video that Calgary tested Uber's background checks with registered sex offenders and people convicted of violent crimes. He said they passed Uber's background tests. THE CANADIAN PRESS

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Health officials have confirmed the presence of dangerous H₂S (hydrogen sulphide) gas at Gold Bar Park. FLICKR/KURT BAUSCHARDT

Toxic gas at local park

HYDROGEN SULPHIDE

Neuroscientist says long-term exposure may be a problem



Kevin Maimann
Metro | Edmonton

Spending too much time at Gold Bar Park could be hazardous to your health.

University of Alberta neuroscience professor Dave Bennett, an avid cross-country skier who often takes his family to the park, found high levels of hydrogen sulphide (H₂S) gas after noticing unpleasant smells.

"I think it's pretty obvious to everybody that it stinks there. And it wasn't really clear to me that it would be a hazard, because there was a park and you sort of assume it's OK," Bennett said.

He used instruments to measure the gas several times a day for a week in November 2014 and found levels of H₂S — a toxic chemical found in sour gas that can be deadly — coming from the nearby sewage treatment plant that exceeded provincial standards.

Bennett wrote a report to the provincial government and Alberta Environment eventually took its own measurements, confirming his findings.

Last week, Health Minister Sarah Hoffman wrote Bennett a letter saying the province is prepared to do something about it, which could have broad implications across Alberta.

Bennett has been getting phone calls from physicians in the Fort McMurray area saying they are dealing with similar problems.

"The fact that we've gotten the government to sit up and say, 'Yeah, it is dangerous according to the data, and we're going to look at it and change our standards,' is a huge step forward for many other locations," Bennett said.

He said park users should not worry that the gas is going to kill them, but said long-term prolonged exposure could potentially be a factor in respiratory problems and other health issues.

Basically, if you smell sulphur, it's best to change locations.

"It's fine to walk by it, but to be in that area for a prolonged time, I would just say is not a good idea," he said.

"It's fine to walk by it, to be in that area for a prolonged time, I would just say is not a good idea."
Dave Bennett

ATHLETICS

University seeks \$20M from city for arena



Ryan Tumilty
Metro | Edmonton

A new twin-sheet ice arena could be coming to the University of Alberta's South Campus, but the school wants \$20 million from the city to build it.

Kerry Mummery, dean of the faculty of physical education and recreation, told councillors Monday they have an approximately \$14-million commitment from

an anonymous donor, but that donor would like to see some progress sooner rather than later.

"The donor has asked that we have all our i's dotted and our t's crossed by the end of the year," he said.

Mummery said they have \$6 million committed to the project from donors, for what they expect would be a roughly

\$65-million project.

He said right now, with only Clare Drake Arena, the school doesn't have enough ice to meet their needs.

"We have two swimming pools and only one sheet of ice."

Kerry Mummery

"We have two swimming pools and only one sheet of ice, which is a little unusual for a city like Edmonton," he said, adding they are still working out the de-

tails but estimate the city would be getting 1.2 arenas worth of time for public use, from their potential investment of \$20 million.

Coun. Bryan Anderson said the plan is worth considering as the city loses older arenas.

"We're looking a possibility of having to find 11 sheets of ice in the not too distant future, ten years goes by fast."

Councillors have asked city staff to prepare a more detailed business case.

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Abu Sabaya, far left, one of the leaders of the Abu Sayyaf muslim extremist group, is seen with rebels displaying heavy weaponry while in Jolo island July 17, 2000. The militants beheaded 68-year-old John Ridsdel, of Calgary, and are still holding three other tourists hostage. AFP/GETTY IMAGES

Trudeau condemns killing as 'cold-blooded murder'

TERRORISM

John Ridsdel was beheaded by militants in Philippines

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the

victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plas-

tic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the hostage-takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.

"This was an act of cold-blooded murder and responsibility

rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

On behalf of all Canadians, he expressed his "deepest condolences" to Ridsdel's family and friends.

He did not answer any questions, including whether the government had paid a ransom

for Ridsdel or Hall. However, an official said it is long-standing government policy to not pay ransom demands.

In militant videos posted online, Ridsdel and Hall, Norwegian Kjartan Sekkingstad and Filipino Marites Flor were shown sitting in a clearing with heavily armed militants standing behind them. In some of the videos, a militant positioned a long knife on Ridsdel's neck. Two black flags hung in the backdrop of lush foliage.

THE CANADIAN PRESS

Ridsdel 'could bridge many communities'

John Ridsdel, a Canadian killed by hostage-takers in the Philippines, was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants.

The Islamic militants had threatened to kill one of the male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Police said Monday that the head of a Caucasian male was recovered in the southern Philippines and Canadian government officials confirmed the victim was Ridsdel. THE CANADIAN PRESS



John Ridsdel AFP/GETTY IMAGES

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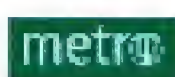
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GREECE JORDAN'S QUEEN VISITS REFUGEE CAMP Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home. Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey. THE ASSOCIATED PRESS/GETTY IMAGES

POLICE SHOOTING

Tamir Rice suit gets settled

The city on Monday reached a \$6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out \$3 million this year and \$3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate

because a 12-year-old child needlessly lost his life."

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir



Tamir Rice
AFP/GETTY IMAGES

wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

Tamir's death has fuelled the Black Lives Matter movement that firmly took root in 2014 after Michael Brown in Ferguson, Missouri, and Eric Garner in New York City died at the hands of police. Grand juries declined to indict officers in those two deaths and in the shooting of Tamir.

THE ASSOCIATED PRESS

CAMBODIA

Turtle is declared nearly extinct



A Cambodian Royal Turtle
THE ASSOCIATED PRESS

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10," has been successfully protected in

the Sre Ambel river system by a joint project of the government's Fishery Administration and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles.

THE ASSOCIATED PRESS

Opponents join up to oust Trump

U.S. ELECTION

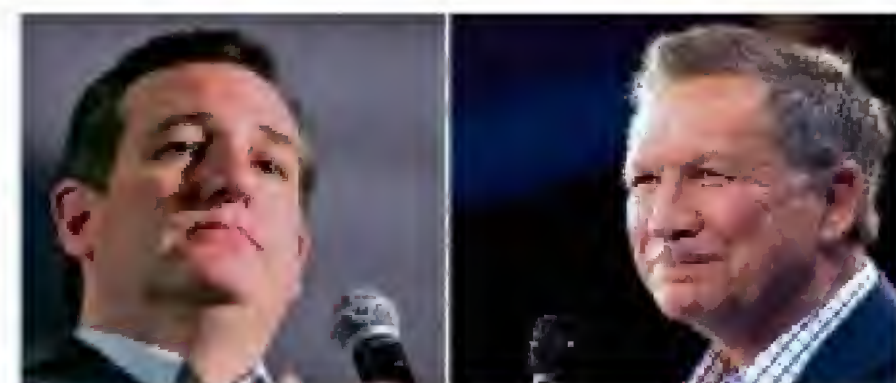
Front-runner bristling at collaboration

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential front-runner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not



Ted Cruz and John Kasich AFP/GETTY IMAGES

address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the

country to have a clear and direct choice."

Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

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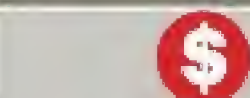
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HEALTH**Company aims to stop antibiotic resistance**

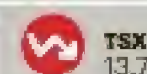
A hundred years ago, a small wound could result in death if an infection spread. That could become reality again as the world threatens to return to a pre-antibiotic era due to antibiotic resistance.

Ottawa-based Avivagen has created OxC-beta, a natural alternative to antibiotics in animal feed using beta-carotene. This both helps animals grow optimally and boosts their immune systems, said president and CEO Cameron Groome.

THE CANADIAN PRESS

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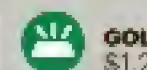
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MCDONALD'S

Andra Day to be on 40M cups of Coke

Andra Day wants to inspire people to rise up while drinking a Coke.

The Grammy-nominated singer's image and lyrics from her single Rise Up will appear exclusively on 40 million Coca-Cola cups at select McDonald's across the country, Coke officials said Monday. Day's appearance on the cups is an extension of the recently launched Share a Cup and a Song lyrics program.

The cups will be available May 2.

"I really hope this gives people a simple reminder to persevere," Day said. "That's what the song is all about. That's why I like this Coke campaign, because it makes you inspire community. I hope people are able to see the encouraging stories through this."

Purchasers of the cups can also view the documentary I Rise. The film can be watched on a cellular device after scanning a cup using Shazam's new image recognition technology.

THE ASSOCIATED PRESS



Andra Day THE ASSOCIATED PRESS

Procrastinators, do your taxes

FINANCE

To avoid penalties, get returns filed before April 30

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're excited about; we perceive an opportunity for value," he said.

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

WHAT HAPPENS IF YOU

Get rid of the taxes anxiety by just doing them already. ISTOCK

FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier, Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant

was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return. TORSTAR NEWS SERVICE

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METRO POLL

Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

1 Should Game of Thrones adjust its male-to-female nudity ratio?



2 Does the fact that there's way more female nudity on the show mean that it's sexist?

60% No way!
40% Absolutely.

WE ASKED Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

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HAVE YOUR SAY

ROSEMARY WESTWOOD

metroview

It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book *All My Friends Are Dead*, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the 70s). But there has since been a book (2012's *What a Plant Knows*) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscope offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you

feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

Mezzo tower's not bad, but better options exist

URBAN PARADIS

Danielle Paradis



In Edmonton, *A History*, by J.G. MacGregor, there's a picture of Old Strathcona, in the winter of 1913. The picture shows a horse pulling a cart filled with people, streets that are a washed out and snowy white, and scattered brick buildings in the background.

The area looks different today, about 100 years later, and in a few years will look radically different again.

Last Wednesday, city council approved zoning changes to allow a 16-storey tower, called the Mezzo, to be built on the corner of 81 Avenue and 105 Street.

Strathcona, as a community, was incorporated into Edmonton in 1912, and remains a beautiful collection of historical low-rise buildings and

colorful facades.

It's the first neighborhood I lived in when I moved to Edmonton and I've never wanted to stray far.

The brick-lined streets are full of a unique combination of history and culture, where you can still feel the sunshine on your face. The buildings surround you, without being overwhelming.

As you may expect, then, I have conflicted feelings about the Mezzo, set to dominate the skyline one block away from Whyte Avenue.

Density is going to be good for Whyte, and as far as public policy goes it's an area that has always sought to draw in, rather than exclude people.

And yet I wish the city wasn't continuing on its "all in or nothing" mentality to urban planning for such a critical area of Edmonton. There are other ways of increasing density and street vibrancy that don't have to be

so vertically inclined.

Medium-density housing fills the gap between urban sprawl and towers. Look to the brownstones, public parks and lovely vibrancy of Montreal.

Whyte needs a vibrant street life, but that isn't going to be achieved solely by high-rises on the periphery of the street and crumbling apartment buildings around the margins.

Instead, council still needs to undo the damage done by issuing liquor licences until the street became a wall-to-wall frat house.

Increased focus on local businesses, street vendors and late-night shopping would help to bring the pedestrians back to Whyte more than a sun-blocking tower.

That could all come with an area redevelopment plan, but this decision has pre-empted that plan.

Ward 8 councillor Ben Henderson said council shouldn't

be making a one-off change to the area.

But council voted to move forward with the Mezzo. The motion passed nine to three.

There are some elements of the Mezzo that I love: The mixed-use design means that affordable housing, office space and retail will sit side-by-side.

I'm just concerned about making the decision before a review of the area redevelopment plan, last approved in 1998, has been completed.

The missing review is why the city's own administration advised council to delay the decision.

Edmonton already has all the tools to make Whyte sparkle. It doesn't need a mega building and all-or-nothing development.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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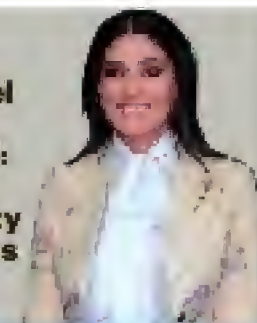
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The case for dedicated dad time

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany** whose husband took 17 weeks off to care for their newborn, shares her experience.

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born. I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave. We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work. While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career



Her husband has become the captain of the stroller since his paternity leave, writes Kochany. LIZ BEDDALL/METRO

will suffer. (Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the of-

fice — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture. My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge. Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers. But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave. From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute. As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."



Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby. LIZ BEDDALL/METRO

+ AT A GLANCE

Some details about parental leave:

- While new moms are guaranteed 15 weeks of maternity leave, either parent can take the 35 weeks allotted for parental leave combined.
- Families where the mother is recovering from C-section, where other children are home, or there is minimal community or family support, may want to consider paternity leave.
- Anyone on parental leave can expect to receive 55 per cent of their gross salary from EI, but some employers will top up the payments.

+ AT HOME ROUTINE

Test your viking strength

Sigbertsdottir demonstrates a three-move circuit with no breaks between moves. After completing the circuit, rest for up to a minute. Repeat five times.

1 Kneeling High Kick (repeat 8 to 12 times): Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at all to lift yourself up, only the left. Engage your core and use your power to kick that leg out.

2 Narrow Beats (repeat 8 to 12 times): Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on a low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors). Land in that deep squat again.

3 Tea Towel Crawl (repeat 2 to 4 times): Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.



Are you ready to train like a viking?

NEW WORKOUT

Trainer wants you to scrap the selfies and start sweating

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore. Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at \$73 for a six-week program and \$130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and



Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

vegetables, and her tough, motivating persona.

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.

What is the Viking Method?

Basically, it is a functional training method, so you use your own body a lot and you use free

weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on all fours doing donkey kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes before you go to bed, you can't have any carbs because they activate certain

hormones that you don't want to have activated when you train and when you fall asleep. My most important thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

Why don't you like before and after body photos?

You can cheat so much on them. You do different lighting, you go in the sun bed, you have

different underwear, you have makeup. What I find problematic with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really happy about. Instead, it's very empowering to put up goals and be able to smash them

Why call it "Viking"?

I'm from Iceland, so it's logical to call it the Viking Method. It's everything that the word represents. A Viking is not going to stop doing an exercise because someone is watching and it might look silly. I'm resilient and I will set goals and I will not stop until I reach them. Be confident in yourself. Be powerful and strong — make that the thing that matters to you. Anybody can be a Viking, it's not like you have to be from Scandinavia.

What do you say to someone who doesn't feel like working out that day?

I've been into the gym and I've stepped on the treadmill and I've stepped off it and I've walked back home. If that happens — and if it doesn't happen often — then don't sweat it. But if you feel this happening three or four times a week, then you just have to force yourself. You have to be a bit cruel to be kind with yourself in the beginning. If you just have an off day, just have the off day. Go home and order a pizza and watch Netflix.

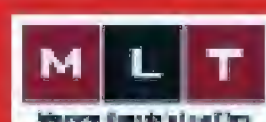
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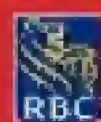
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Blues hang on to end Blackhawks' title reign

NHL PLAYOFFS

St. Louis moves on to second round for first time since 2012

Troy Brouwer tapped in his own rebound to snap a third-period tie and the St. Louis Blues advanced to the second round of the playoffs for the first time in four seasons, eliminating the defending Stanley Cup champion Chicago Blackhawks 3-2 in Game 7 of their Western Conference quarter-finals series Monday night.

GAME 7 In St. Louis



Brouwer, who played for the Blackhawks' Cup winner in 2010 and was among the veteran additions to a team trying to break through, swiped in a backhand. The goal at 8:31 was his first in 24 post-season games since 2013.



Marcus Kruger of the Blackhawks runs into Blues goaltender Brian Elliott in St. Louis on Monday night. DILIP VISHWANATH/GETTY IMAGES

It is the first time the Blues advanced past the first round since 2012, when they beat San Jose in five games but then lost four straight to Los Angeles.

Jori Lehtera scored his first career playoff goal and rookie defenceman Colton Parayko

also scored for the Blues, who avoided another inglorious finish. They led 2-0 early before the Blackhawks tied it in the second period.

Chicago just missed a chance to tie it when Brent Seabrook's shot went off both posts with

about 3:30 left.

Marian Hossa scored his third goal of the series and Andrew Shaw got his fourth on a power play for the Blackhawks. Patrick Kane was dangerous all night but was scoreless, and was minus-2.

The Blackhawks have won

+ TIED SERIES

Preds force Game 7

James Neal scored the winning goal late in the second period, and the Nashville Predators held on to beat the Anaheim Ducks 3-1 on Monday night and force the first Game 7 in franchise history.

The Predators had lost the previous five Game 6s when needing a win to stay alive in the playoffs, and they snapped a three-game skid to the Ducks to force this series back to Anaheim for the deciding game Wednesday night.

three of the last five Cups — but when they don't win it all, the post-season can be a short one, with three first-round eliminations the last six seasons.

Brouwer, playing in his seventh career Game 7, scored from close range off a feed from Robby Fabbri. The first shot went off the right post and he nudged the second past Corey Crawford.

St. Louis was coached by the Blackhawks' Joel Quenneville the last time it played in a Game 7, a loss at Vancouver in 2003. The Game 7 win was the franchise's first since 1999.

THE ASSOCIATED PRESS

NBA PLAYOFFS

Curry out at least two weeks

Stephen Curry will miss at least two weeks for Golden State with a sprained ligament in his right knee, dealing a blow to the Warriors' hopes of following a record-breaking season with a second straight championship.

The Warriors said an MRI on Curry's knee Monday determined he had a Grade 1 sprain of the MCL and will be re-evaluated in two weeks.

That timetable would lead to Curry missing the rest of the first round of the playoffs and likely at least the first four games in the next round if the Warriors are able to advance.

30.1

Curry's points-per-game average this past regular season, a league best.

Golden State leads Houston 3-1 in its first-round series. Game 5 is Wednesday night in Oakland.

Curry was injured on the final play of the first half of Sunday's 121-94 win in Houston when he slid awkwardly on a wet spot on the court and fell. He immediately grabbed his knee and jogged with a limp to the locker-room.

He came out with the team after halftime, but sat on the bench for most of the warmup time. After talking with coaches, he returned to the locker-room with his second injury of the series. Curry had missed the previous two games with a sprained right ankle.

The Warriors thrived without Curry on Sunday, hitting eight three-pointers in the third quarter alone to turn a tie game into a 21-point lead on the way to the easy win. THE ASSOCIATED PRESS

+ TIE SERIES

Walker, Hornets edge Heat

Kemba Walker scored a playoff career-high 34 points, Jeremy Lin added 21 and the Charlotte Hornets beat the Miami Heat 89-85 on Monday night to even their first-round series at 2-2.

Game 5 is Wednesday night in Miami.

DEFLATEGATE

Brady to serve ban, appeals court rules

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league in a battle with the players union.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with



Tom Brady
THE ASSOCIATED PRESS FILE

and the reputation of one of the league's top teams.

THE ASSOCIATED PRESS

his procedural rulings.

The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure

IN BRIEF

White Sox rally against Jays to win fourth straight

Todd Frazier drove in the tying and winning runs off Gavin Floyd in a five-run seventh inning as the Chicago White Sox rallied for a 7-5 comeback victory over the Toronto Blue Jays on Monday.

Adam Eaton and Jose Abreu drove in two runs apiece for the White Sox (14-6), who stretched their win streak to four games.

Edwin Encarnacion had three RBIs for the Blue Jays. THE CANADIAN PRESS

MMA

Retirement ruse ups the ante for UFC 200

Five days have passed since Conor McGregor ended his 24-hour retirement, and we're still not sure if the Ultimate Fighting Championship's most bankable fighter will participate in the organization's showcase event, UFC 200.

UFC president Dana White dropped McGregor from the card last week over the featherweight champion's refusal to participate in a promotional event. McGregor says he has reached an agreement with

the promoter, but White maintains he hasn't even spoken with McGregor's camp about reinstatement.

The continued buzz surrounding McGregor's status raises the question of whether the fighter and the UFC are benefiting from the dispute. By defying the UFC's order to help promote the July 9 event, McGregor has provided more publicity than any news conference could.

TORSTAR NEWS SERVICE

RECIPE Grilled Salmon and Zucchini Skewers



PHOTO: MAYA VISNIEV

Ceri Marsh & Laura Keogh
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

Ready in
Prep time: 25 minutes
Cook time: 10 minutes

Ingredients

- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

Directions

1. Soak wooden skewers in water

for at least 20 minutes.

2. Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

3. Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

4. Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

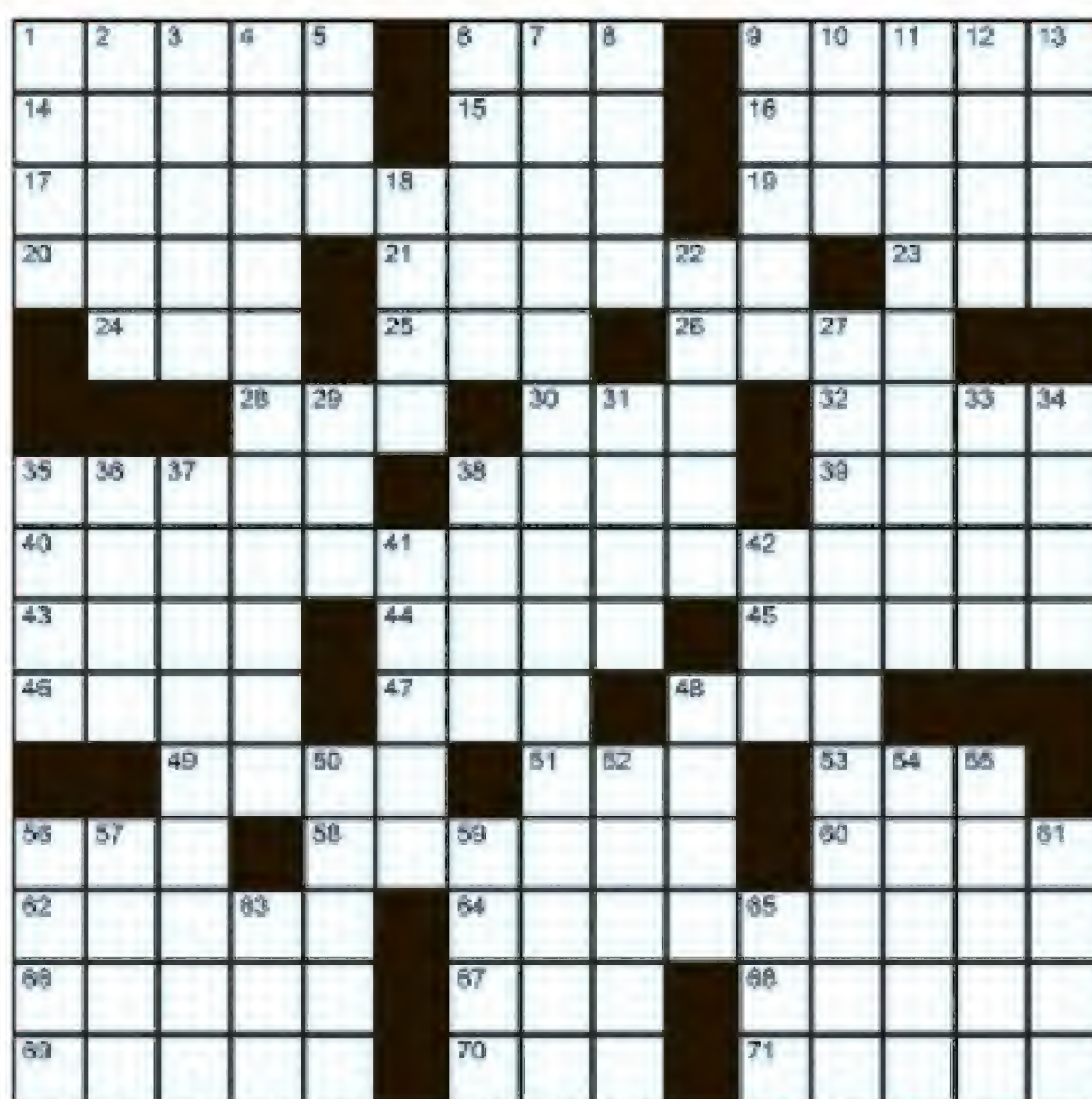
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle _
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose _ _ (Snob-bish stance)
17. Guru/guide's gig
19. _ bore
20. "You _ _" by Lady Gaga
21. Fancy-uniformed cavalrman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scott's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. Tail'-mean-ing prefix
30. P. to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liana Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scott's 'no'



49. Mil. two-striper
51. Sight: French
53. Shih _ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.

64. Off-the-cuff
66. Lotto winner's shout, " _ _ for life now!"
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

DOWN

1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on

- Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry _ Longfellow

- (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger _ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. " _ _ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

Taurus April 21 - May 21
This is a strong time for you with the Sun and Mercury in your sign; however, today is a loosey-goosey day. Avoid decisions about inheritances and shared property.

Gemini May 22 - June 21
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

Cancer June 22 - July 23
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

Leo July 24 - Aug. 23
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

Virgo Aug. 24 - Sept. 23
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

Libra Sept. 24 - Oct. 23
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

Scorpio Oct. 24 - Nov. 22
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

Sagittarius Nov. 23 - Dec. 21
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

Capricorn Dec. 22 - Jan. 20
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

Aquarius Jan. 21 - Feb. 19
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

Pisces Feb. 20 - March 20
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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